

Reflection #8

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1-What are the major differences between adolescent thought and adult thought?

The significant difference between adolescent thought and adult thought of maturity and the cognitive focus/understanding to better problem-solving.

“Adults are better able to harness formal operational thinking because of their reduced egocentrism, and therefore approach problems with greater objectivity.” (Ashford, 2018).

Just a simple increase to problem-solve is on everything within a person’s life and for others.

2-Discuss the differences between instrumental and expressive communication.

“Instrumental communication refers to having a focus on identifying goals and finding solutions. Expressive communication involves the expression of emotions and having a perspective that is sensitive to how others feel.” (Ashford, 2018).

It is very interesting the fact that men and women both used a different ways of speaking. Now in this generation, there is a term that was created called “mansplaining”. A term created the reason that men usually communicate instrumentally without the “consent” of the other person who wanted to hear it or not in the beginning. I believe that are women besides just men that communicate this way for a problem needing to be solved.

Besides that, both ways of communicating are needed in balance to actively listen and actively solve with the person, either for problem-solving or venting.

3-Identify and discuss the three essential components of the triangular theory of love.

Intimacy, Passion, and Commitment are the three essential components of the triangular theory of love. I believe that reading it now, it is pretty accurate that if one or two are focused without the other, a relationship can either be incomplete.

References:

Ashford, José, B. et al. *Empowerment Series: Human Behavior in the Social Environment: A Multidimensional Perspective*. Available from: VitalSource Bookshelf, (6th Edition). Cengage Learning US, 2017.